



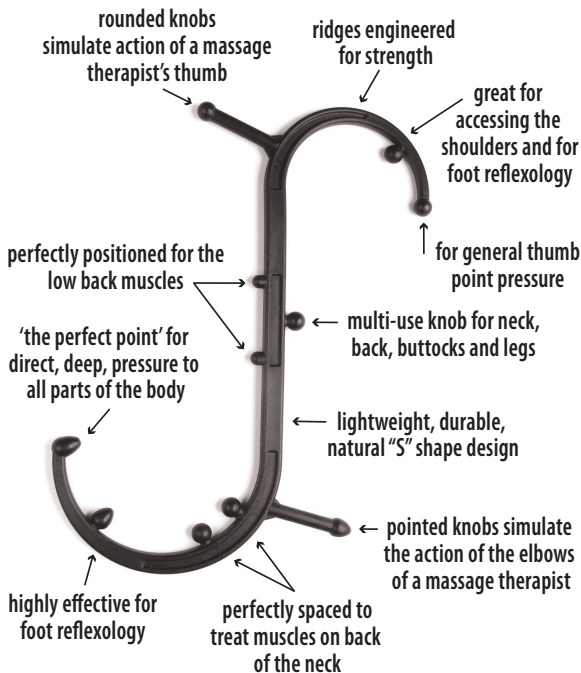


## How the Body Back Buddy Works

The Body Back Buddy's open design and natural shape allow you to reach all muscle groups of the body: back, neck, shoulders, chest, arms, hands, buttocks, hips, legs and feet. By varying the amount of pressure applied and the angle at which it is directed, you can release tight, spastic, knotted muscles. You control the amount of pressure and determine the exact spot that requires treatment. Even with minimal strength and effort you can treat areas that are virtually impossible to reach without the Body Back Buddy.



## What Makes the Body Back Buddy Unique and Effective



## How to Use Your Body Back Buddy

Hook the Body Back Buddy over your shoulder or around your side to treat hard to reach areas of the back, neck and shoulders. Hold it comfortably by the handles or the frame so that the therapy knob touches the affected muscle. Push away from your body with your lower or outside hand while guiding the therapy knob with the upper or inside hand. This leveraging technique creates self-directed pressure to the targeted muscle. You can also use the Body Back Buddy to apply healing pressure to many other parts of the body such as your legs, arms, feet, chest and hips. It's versatility allows you to approach each muscle from many angles in creative ways.

Use the photos in this guide to give you good ideas on how to reach all parts of your body, but please don't limit yourself to the positions shown! Since there are hundreds of ways to use the Body Back Buddy take a moment to experiment and find out what works best for you. Use it standing, sitting, lying down, or with a partner. Visit our website for more in depth instruction.





## **How Much Pressure to Apply**

Place the therapy knob on the sore muscle and apply what you consider to be a comfortable amount of pressure. When this muscle compression is released it stimulates a therapeutic response. Pressure preferences vary from one person to another—deep and intense, or gentle and relaxing. However, only apply as much pressure as you feel comfortable with. More pressure is not necessarily better!

## **How Long to Apply Pressure**

Ten to thirty seconds is normally enough time to elicit a therapeutic response in the muscle. Applying too much pressure for too long causes the body to treat the pressure as an intrusion. For maximum results return to the treated area three to four times each session.

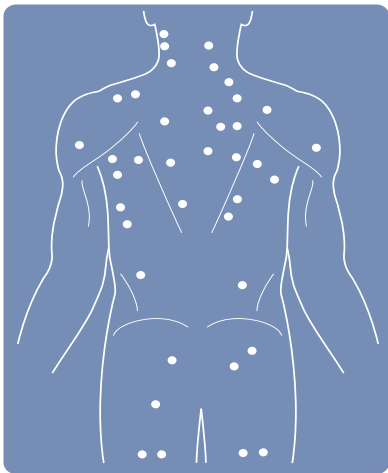
## **The Healing Process**

Restoring health to dysfunctional muscles is a step-by-step process. The first step entails releasing the muscle's tightness and hyper contraction. This is the purpose of the Body Back Buddy. After you release the muscle, you should then stretch and hydrate it so that it can regain its natural strength, elasticity and pliability. For long-term muscle health and strength, exercise and stretching are crucial. Finally, it is important to correct the improper body mechanics and/or poor posture that can contribute to muscular problems.



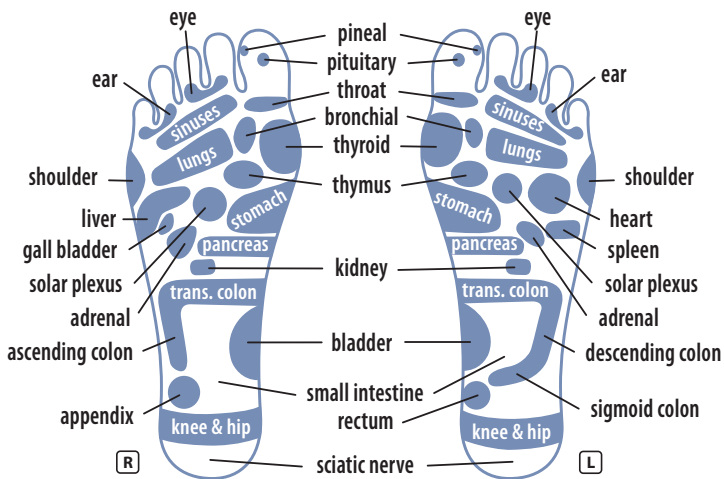
## Trigger Points

Trigger points are tight, tender contracted muscle fibers, which emit pain. Applying sustained pressure with the Body Back Buddy to a trigger point causes the pain-spasm cycle to be interrupted. When the pressure is released, you will feel the muscle let go as fresh oxygenated blood rushes in to cleanse the tissue releasing the muscle contraction.



Visit our website for more detailed explanation of trigger points and reflexology points and how to treat them.

## Reflexology



Reflexology is an ancient science practiced by most cultures based on the premise that there are points in the feet that relate to every organ and all parts and systems of the body. Applying pressure with the Body Back Buddy to these reflex areas results in the reduction of stress, which in turn promotes positive changes in the body.

## Precautions

The Body Back Buddy is a personal health care tool and is not meant to replace your regular health care provider. Please consult with your health care provider for treatment of any medical conditions or questions you may have regarding therapeutic massage.

- Do not press directly on bones.
- Do not massage areas of inflammation or skin irritations.
- Discontinue use if bruising occurs.
- Do not allow children to use the Body Back Buddy as a toy.

## Lifetime Warranty

The Body Back Buddy is guaranteed against breakage under normal use as outlined in this user's guide.

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